

Class	Subclass
ISSUE CLASSIFICATION	

FILED UNDER 35 U.S.C. 371

PATENT NUMBER

U.S. UTILITY Patent Application

O.P.E.

PATENT DATE

SCANNED

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APPLICATION NO. 09/868215	CONT/PRIOR D	CLASS 530	SUBCLASS 3	ART UNIT 416	EXAMINER Taylor	76477
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ART UNIT

EXAMINER

76477

Taylor

Steinberg

Abstract: The purpose of this study was to determine the effect of a 12-week training program on the heart rate (HR) and heart rate reserve (HRR) of sedentary middle-aged men. The study was conducted in a laboratory setting. The subjects were 15 sedentary middle-aged men (mean age 45.2 ± 3.1 years, mean weight 78.5 ± 5.2 kg, mean height 175.2 ± 4.5 cm). The subjects were divided into two groups: a control group (n = 7) and an exercise group (n = 8). The exercise group performed a 12-week training program consisting of three sessions per week, each lasting 30 minutes. The training program was designed to increase the subjects' HR and HRR. The HR and HRR were measured at rest and during exercise at the beginning and end of the 12-week training program. The results showed that the exercise group had a significant increase in HR and HRR compared to the control group. The HR increased from 72.5 ± 3.5 beats per minute (bpm) to 78.5 ± 4.5 bpm, and the HRR increased from 27.5 ± 3.5 bpm to 33.5 ± 4.5 bpm. The control group showed no significant change in HR and HRR. The results of this study suggest that a 12-week training program can effectively increase the HR and HRR of sedentary middle-aged men.

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TITLE

PTO-2040
12/99

ISSUING CLASSIFICATION

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<input type="checkbox"/> TERMINAL DISCLAIMER	DRAWINGS		CLAIMS ALLOWED	
	Sheets Drwg.	Figs. Drwg.	Print Fig.	Total Claims
<input type="checkbox"/> The term of this patent subsequent to _____ (date) has been disclaimed.	_____ (Assistant Examiner) (Date)		NOTICE OF ALLOWANCE MAILED	
	_____ (Primary Examiner) (Date)		ISSUE FEE	
			Amount Due	Date Paid
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